

## CLAIMS

What is claimed is:

1. A template for recording an ingestible product consumed comprising:  
a recordable surface for recording information about the ingestible product,  
the template being positioned on a periphery of a container,  
the container comprising a closed end and an open end comprising a removeable lid,  
a label attached to the periphery of the container, the label comprising information about a product brand and about the ingestible product; and  
wherein the template occupies a region on the periphery of the container separate from an area on the label comprising the product brand.
2. The template of claim 1, further comprising one or more entry fields on the recordable surface.
3. The template of claim 1, wherein the template is an integral part of the label.
4. The template of claim 1, wherein the template is an add-on feature of the container.
5. The template of claim 4, wherein the add-on feature is a note-pad.
6. The template of claim 4, wherein the add-on feature is a note pad with a peelable sheet.
8. The template of claim 1, further comprising one or more pre-formatted fields on the recordable surface.
9. The template of claim 1, further comprising two or more parallel lines, the parallel lines defining at least one recording field.

10. The template of claim 1, wherein the recordable surface is part of the periphery of the container.

11. A method for recording ingestible products consumed comprising:  
providing a template on a periphery of a package or a container containing an ingestible product; the template comprising a recordable surface for recording ingestible product consumed;  
ingesting a quantity of ingestible product by a first individual;  
recording at least the quantity ingested or a time the quantity was ingested on the template for the first individual; and  
recording a time when a next event is to occurred for the first individual.

12. The method for recording ingestible products consumed of claim 11, wherein the quantity ingested and the time the quantity was ingested are both recorded on the template.

13. The method for recording ingestible products consumed of claim 11, further comprising recording a quantity of ingestible product consumed by a second individual.

14. The method for recording ingestible products consumed of claim 11, wherein the template comprises one or more pre-formatted fields.

15. The method for recording ingestible products consumed of claim 11, wherein the template comprises one or more entry fields.

16. The method for recording ingestible products consumed of claim 11, wherein the template comprises either a POST-IT® type note pad or a note pad comprising tear lines.

17. The method for recording ingestible products consumed of claim 11, wherein the template comprises part of a surface of the periphery of the package or the container.
18. The method for recording ingestible products consumed of claim 11, further comprising an identifier.
19. A template for recording an ingestible product consumed comprising:  
a recordable surface for recording information about the ingested product,  
the template being attached to a periphery of a package for packaging a container containing an ingestible product,  
the packaging comprising at least two ends with at least one of the two ends capable of being opened for removing the container,  
a label attached to the periphery of the packaging, the label comprising information about a product brand and about the ingestible product; and  
wherein the template occupies a region on the periphery of the packaging separate from the area on the label comprising the product brand.
20. The template of claim 19, further comprising one or more entry fields on the recordable surface.
21. The template of claim 19, wherein the template is an integral part of the label.
22. The template of claim 19, wherein the template is an add-on feature on the packaging.
23. The template of claim 22, wherein the add-on feature is a note-pad.

24. The template of claim 22, wherein the add-on feature is a note pad with a peelable sheet.

25. The template of claim 19, further comprising one or more pre-formatted fields on the recordable surface.

26. The template of claim 19, further comprising two or more parallel lines, the parallel lines defining at least one recording field.

27. The template of claim 19, wherein the recordable surface is part of the periphery of the packaging.

28. The template of claim 1, further comprising a writing instrument removeably secured to the container.

29. The template of claim 1, further comprising a pocket bonded to the container, wherein the template is positioned inside the pocket.

30. The template of claim 1, further comprising a security shrink wrap wrapped over the template and container.

31. A template for recording information about an ingestible product consumed by an individual comprising:  
a writing medium comprising a plurality of sides;  
the writing medium being positioned on a periphery of a container or on a surface of a package for packaging a container;  
a plurality of lines printed on the medium, the plurality of lines defining at least one entry field for entry of information about the ingestible product consumed or at least one pre-formatted field comprising at least one printed word, said at least one printed word conveying information related to the ingestible product; and

wherein a volume of the ingestible product consumed, a time the ingestible product was consumed, or a name of an individual that consumed the ingestible product is recorded on the at least one entry field.